

Evelyn Cole Senior Activity Center

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Welcome to the Evelyn Cole Senior Activity Center!

Fall 2023



September, October & November

Please note: the center will be closed on:

Monday, September 4
Thursday, November 23
Friday, November 24

Labor Day
Thanksgiving Day
Employee Appreciation Day

Center Hours: Monday-Friday

10:00 am-2:00pm

Fall Registration

- Registration begins Wednesday 16, August for **Residents (R)** only.
- Registration begins on Wednesday 23, for **non-residents (NR)**.
- Don't Wait and Be Too Late! Please register at least one week prior to the class/trip start date so we can plan accordingly. **A minimum number of registrants are required for most activities to be held.**
- See refund policy on the last page.
- A fee assistance program is available for residents who need financial help to participate in our **classes only** (not trips) that have a fee greater than \$35. Fee reduction may be available based on income and family size. Contact the center for details.

5720 Addison Rd, Seat Pleasant 20743

Telephone: 301-386-5525

TTY: 301-699-2544

Evelyn Cole Senior Activity Center (ECSAC): Information

ECSAC Fitness Center, free for seniors 60 & better with M-NCPPC Senior ID card.

- Activity room with social games and activities
- Computer station
- Lunches served by Department of Family Services Nutrition Program to those signed up for the program
- Trips and events
- Free seminars
- A variety of classes

Our Refund Policy:

1. **100% refunds are issued when M-NCPPC/ECSAC cancels an activity.**
2. **All other refunds are subject to a 20% withdrawal fee except for within 24 hours of the original registration date.**
3. **Withdrawal from an activity may be processed at any facility or online AT LEAST 7 DAYS PRIOR to the activity start date.**
4. **Withdrawal from an activity must be processed at the offering facility if WITHIN 7 DAYS of the activity start date.**
5. **Refunds MUST be requested prior to the end of the course. Refunds will NOT be issued once the course has ended.**
6. **Refunds for trip withdrawals will be issued only if the spot can be resold.**
7. **No Credits nor refunds will be issued for classes missed by the participant.**
8. **Cash refunds are not allowed.**
9. **Refunds may be immediately credited to your PARKS DIRECT account or be issued per original method of payment: as a credit on your credit card, which can take 3 to 5 days to process or as a check, which can take 3 to 4 weeks to process.**

Senior Trip Information

For your information, we have included the type of vehicle provided on our trips; however, it's not guaranteed and may be changed. Here are some of the vehicles we use:

- M-NCPPC activity bus - small activity bus that seats 12-13 adult passengers
- Commission bus— large (28 passenger), white bus
- Charter bus— a private company is contracted to provide a bus (typically 40-50 passengers)

Trip Refunds:

- Trip refunds can only be given if your spot is filled with someone on the waiting list. The center director must approve and process all trip cancellations.



When you see these feet, it means the trip involves a lot of walking.

Evelyn Cole Senior Activity Center: Classes

Class	Location	Day/Dates	Time	PARKS DIRECT #	Fee
Cricut Class	Activity Room 1	1 st & 3 rd Monday September 18 (No class on 09/04) October 2 & 16 November 6 & 20	10 am-12 noon	30510-522A 30510-522B 30510-522C	\$20 (R); \$25 (NR) \$20 (R); \$25 (NR) \$20 (R); \$25 (NR)
Morning Fitness with LaShawn	Activity Room 2	Mon & Fri	11:30 am-12 noon	N/A	FREE
Morning Inspiration	Activity Room 2	Monday	10:30-11:15 am	N/A	FREE
5720 Walking Crew	Activity Room 2	Tue & Thur	11:30am-12:00 noon	N/A	FREE
Bingo	Activity Room 1	Tue & Wed	12:45-1:45 pm	N/A	FREE
Pokeno	Activity Room 1	Mon & Thur	12:45-1:45 pm	N/A	FREE



B I N G O					
1	27	33	48	75	
8	19	45	56	61	
3	18	FREE SPACE	49	69	
15	26	41	53	66	
2	21	37	46	65	

Evelyn Cole Senior Activity Center: Activities & Special Events

September 2023

Darnall Chance House On-Site Presentation

Wednesday, September 6

FREE

11 am- 12 noon

Come and learn about the historic 18th century site. Take a virtual tour and see the period rooms and artifacts found on property during its original restoration. Learn about the lives of the women of the house including the enslaved listed based on a 1760 inventory.



Grandparents Day Fashion Show and Luncheon

Friday, September 8

\$25 (R); \$33(NR)

12 noon-2 pm

Activity Code: ECSAC-GA-20230908

Come and celebrate Grandparents Day and walk the “Catwalk”. Models will wear their own fall and winter clothing fashions and accessories. After the fashion show, take your hair down and let’s eat drink and be merry while listening to Ray Apollo Allen and The Apollo One Band. Fee includes entertainment and a light lunch. Register early as space is limited.

Informational Session

Health Is Wealth

Monday, September 11

FREE

11 am-12 noon

Join us for an informative session looking at different aspects of what it means to be "Healthy" and the concept of wealth in our society. Sign up at the in the “Free Book” located at the center.

Jewelry Making

Thursday, September 14

\$5 (R); \$7(NR)

12:30-2 pm

Activity Code: ECSAC-GA-20230914

Learn simple jewelry making techniques. Take home a wearable piece of your own piece of jewelry. Space is limited. Register early. Fee includes all supplies.

Evelyn Cole Senior Activity Center: Activities & Special Events

Informational Session

Asset Protection In Your Golden Years

Monday, September 18

FREE

12:30-1:30pm

Come learn how to protect your assets. Do you have a Will or Trust Fund?

Learn the documenting process of your final wishes for yourself, leaving a living legacy to your loved ones is very important. Sign up at the in the “Free Book” located at the center.

Chair Exercise with LaShawn

Friday, September 22

FREE

17517-522A 11-11:30 am

17517- 522B 1-1:30 pm

For Active Aging Week, come join us for a fun low impact chair exercise. A physical activity to help improve health, motivate, strengthen, and develop muscles. Exercise will enhance and maintain your overall health and wellness. You can either movie it or lose it. Come and enjoy the fun! Register in Parks Direct.



Happiest Birthday Celebration!

Friday, September 29

FREE

1-1:30 pm

Come celebrate with the special people born in the month of September. Birthday treats will be served. Sign up at the in the “Free Book” in the office one week in advance.

Evelyn Cole Senior Activity Center: Activities & Special Events

October 2023



Informational Session:

Breast Cancer Awareness

Wednesday, October 4

FREE

11 am-12 noon

Join our very own Cynthia Washington as she shares with us her journey through breast cancer. Cynthia will discuss early detection and share some very helpful resources. Light refreshments to be served. Sign up at the in the “Free Book” located at the center.

Informational Session:

Maryland Insurance Administration

Tuesday, October 10

FREE

10 am-1 pm

Maryland Insurance Administration - the state agency that Marylanders can contact if they have a problem with insurance or an insurance agent, or are seeking insurance-related information and education. We do not sell insurance, but we regulate the companies that do.



Pretty in Pink Celebration

Friday, October 13

\$25 (R); \$33 (NR)

12 noon-2 pm

Parks Direct Code: ECSAC-SPEC-GA-20231013

In honor of Breast Cancer Awareness Month come celebrate! Let's celebrate our survivors or provide some fun lively encouragement to someone that needs it. Guest are encouraged to come dressed in pink attire. Musical performance by saxophonist Sharon Thomas. Fee includes lunch and entertainment. Register early!

No Sew Pillows

Wednesday, October 18

\$5 (R); \$7(NR)

12:30-2 pm

Activity Code: ECSAC-GA-20231018

No sewing machine, no problem! All you need are your fingers. Learn how to make your very own no sew pillow. Fee includes all supplies. Register early as seating is limited.

Evelyn Cole Senior Activity Center: Activities & Special Events

Chair Massages

\$5 (R); \$7(NR)

Activity Code: ECSAC-GA-20231025

Wednesday October 25

11 am-1 pm

Self-care is important to maintaining a healthy relationship with yourself. During Breast Cancer Awareness month let's take the time to take care of our body and mind with a massage. A Classic Touch of Therapy will provide you with a relaxing 10 minute chair massage to work out the kinks.



Happiest Birthday Celebration!

FREE

Thursday, October 26

1-1:30 pm

Come celebrate with the special people born in the month of October. Birthday treats will be served. Sign up at the in the "Free Book" in the office one week in advance.

Informational Session:

Blood Pressure Screening & Breast Cancer Awareness

FREE

Friday October 27

11 am-2 pm

Medstar Health to conduct blood pressure screenings. The cancer nurse practitioner will also come out to provide us with information regarding breast cancer. Sign up at the in the "Free Book" located at the center.

Informational Session

Planning for Medicare & Medicaid Part 2

FREE

Monday, October 30

11 am-12:00 noon

Come and let us discuss ways that you can fund the costs of long term care services, and other benefits of Medicare& Medicaid. Sign up at the in the "Free Book" located at the center.

November 2023

Informational Session:

Making Healthy Food Choices

Monday, November 6

FREE

11 am-12 noon

Come learn how to make better food choices. We will discuss eating habits, labels and portion sizes to live and eat healthy.

Informational Session:

Memory Screening

Monday, November 13

FREE

10 am-12 noon

Dementia Friendly America to provide free confidential memory screenings. Sign up at the in the “Free Book” located at the center.



Thanksgiving Luncheon

Tuesday, November 21

\$25 (R); \$33 (NR)

12 noon-2 pm

Parks Direct Code: ECSAC-SPEC-GA-20221121

Let's give thanks together. Gather with us to express our gratitude and well wishes to one another. Join us for lunch and music by DJ Roland White. Fee includes a catered lunch and entertainment.



Happiest Birthday Celebration!

Wednesday, November 29

FREE

1-1:30 pm

Come celebrate with the delightful people born in the month of November.! Birthday treats will be served. Sign up at the center one week in advance. Sign up in the “Free Book” located in the office.

**ECSACinema
PRESENTS**

**MOVIE DAY
FREE
12:15 pm-1:45 pm**

Thursday, September 21

Thursday, October 19

Thursday, November 16

FREE!!!! Light Refreshments will be served!
Sign up in the Free Book located at the center.
The name of movies will be announced at the
center.



Evelyn Cole Senior Activity Center: Trips

Prince George's County Fair, Upper Marlboro **Thursday, September 7**
\$12(R); \$16 (NR) **5-10pm**

ACTIVITY CODE: ECSAC-20230907

Maryland's oldest running fair! Come out to see an array of exhibits, vendors, performers, open livestock, and crafts! Don't forget to indulge in your favorite fair food-funnel cake, corn dogs, snow cones and much more! Admission is FREE for seniors. Food and all other purchases at your own expense. Fee includes transportation on a Senior Activity bus.

Ted's Bulletin	Thursday, September 14
\$12(R); \$16 (NR)	10am-2pm

ACTIVITY CODE: ECSAC-20230914

Brunch anyone? Ted's Bulletin is a place to savor The Every Day. A neighborhood restaurant, serving up modern American food and drink—from all-day breakfast, lunch and dinner. Brunch at your own expense. No refunds unless trip is cancelled, or unless your spot is resold. Fee includes transportation on a Senior Activity bus.

Pontoon Boat Ride **Thursday, September 28**

Bladensburg Waterfront Park

\$12(R); \$16(NR) **10am-2pm**

ACTIVITY CODE: ECSAC-20230928

Come aboard for a ride on a pontoon boat for an interpretive riverboat tour of the scenic Anacostia River! Be sure to bring a packed bag lunch and take in the beautiful scenery while eating under the paillon. Boat ride \$3 at your own expense. Fee includes transportation on a Senior Activity bus.

Golden Corral Largo, MD	Thursday, October 12
\$12(R); \$16 (NR)	10am-2 pm

ACTIVITY CODE: ECSAC-20231014

All-you-can-eat American fare! With over 150 choices in our endless buffet, There's something for everyone at Golden Corral. Lunch at your own expense. No refunds unless trip is cancelled, or unless your spot is resold. Fee includes transportation on a Senior Activity bus

Evelyn Cole Senior Activity Center: Trips

Miller Farms

Tuesday, October 17

\$12(R); \$16 (NR)

10 am-2 pm

ACTIVITY CODE: ECSAC-20231017

Come and pick your own fruit! Miller Farms is a 267 acre farm located in Prince George's County, Maryland, that has been family owned and operated since 1879. They grow a wide array of fresh fruits and crisp vegetables! In addition to the farm and market, they have a bakery full of delicious home baked goods and handmade ice cream, a nursery abundant with beautiful plants and flowers, BBQ, seasonal displays, fall family fun, and so much more!

Rod and Reel Restaurant

Tuesday, November 7

\$12(R); \$16 (NR)

10 am-2 pm

ACTIVITY CODE: ECSAC-20231107

Rod 'N' Reel Restaurant is known for the freshest seafood in southern Maryland. The Rod 'N' Reel Restaurant offers beautiful bay front views and the most delicious seafood. Lunch at your own expense. No refunds unless trip is cancelled, or unless your spot is resold. Fee includes transportation on a Senior Activity bus.

Westfield Wheaton Mall

Thursday, November 9

\$12(R); \$16 (NR)

10 am-2 pm

ACTIVITY CODE: ECSAC-20231109

Let's beat the holiday rush and get some shopping done. Enjoy shopping at wide variety of stores-JC Penney, Target, Dick's Sporting Goods, Costco and more. After shopping enjoy your lunch at the 27 different food court dining options. Fee includes transportation on a Senior Activity bus.

Maryland Live & Arundel Mills Mall

Tuesday November 28

\$12(R); \$16(NR)

10 am-2pm

ACTIVITY CODE: ECSAC-20231128

Maryland Live! Casino features slot machines, electronic table games, and nationally acclaimed restaurants such as Bobby's Burger Palace. Or, you may prefer to shop at Arundel Mills Mall, Maryland's largest shopping outlet, dining and entertainment destination with more than 200 indoor stores. No refunds unless trip is cancelled, or unless your spot is resold. Fee includes transportation on a Senior Activity bus.

Evelyn Cole Senior Activity Center Corner



IMPORTANT PHONE NUMBERS

Senior Nutrition/Transportation	301-265-8475
Legal Aid	301-927-6800
Department of Family Services	301-265-8400
Seniors County Information	301-265-8400
Medicare Information	800-233-1124
Call-A-Bus	301-499-8603

Senior Nutrition Program

The Senior Nutrition Program

The Senior Nutrition Program operated by the Prince George's County Department of Family Services, Area Agency on Aging, offers a nutritionally balanced lunch at this center to individuals who are 60 or better. Lunches are offered at ECSAC on:

- **Mondays through Fridays 12:00 and 12:30 pm**

Meal registration: call the Department of Family Services, Aging Services Division at (301) 265-8475. You must register at least one day in advance. The suggested donation is \$4.00. If you need to cancel your meal, please do so at least two days in advance.

Please bring exact change to cover your donation.

Transportation registration: call the Department of Public Works & Transportation Intake line at (301) 499-8603.

Note: There will be no lunch program when Prince George's County schools have a delayed opening or are closed due to inclement weather conditions.

Reminder: Lunch is subject to change depending on the Office on Aging's schedule.

For Your Information

Moved? Number changed?

From time to time, please stop at the office and make sure your personal information is correct. Let us know if you have any changes including emergency contact names and phone numbers.

Volunteer Opportunities

Do you have a special skill or talent you would like to share with others? Would you like to teach classes to seniors at the Evelyn Cole Senior Activity Center? If so, give us a call at (301) 386-5525.

Trip Refund Policy:

Trip refunds will only be available if your registration is replaced by someone on the waiting list. If you must cancel your reservation, please contact the center staff as soon as possible.

Disability Accommodations

M-NCPPC, Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register at least a minimum of two weeks in advance of the program start date to request and receive a disability accommodation. To contact the Program Access office directly, e-mail northern.inclusion@pgparks.com or call 301-408-4350.

Inclement Weather/Closures

Get information on M-NCPPC closures, cancellations and emergencies by text or email. Sign up today by visiting www.pgparks.com and click on PG Parks Alerts. You will need a mobile phone number or an email address and your zip code to complete the registration.

